



**SOUTH AFRICA**

1	AHMP	AFFIES MEISIES
2	ASSUM	ASSUMPTION COLLEGE
3	BEAT	BEAUTIFUL MINDS
4	BRYAN	BRYANSTON HIGH SCHOOL
5	DIAMNT	DIAMANTVELD
6	DIAM	DIAMOND ATHLETICS ACADEMY
7	DRMAL	DR MALAN
8	ELDO	ELDORAIGNE
9	GER	GERMISTON CALLIES
10	GLEN	GLENWOOD (DURBAN)
11	HMK	HELPMKAAR
12	HOLY	HOLY ROSARY
13	INANDA	INANDA SEMINARY
14	JEPPE	JEPPE BOYS
15	KEMP	KEMPTON PARK
16	KES	KING EDWARD
17	KDREAM	KROONSTAD DREAM TEAM
18	KROON	KROONSTAD HIGH SCHOOL
19	MVIL	MARAI VILJOEN
20	MEN	MENLOPARK
21	MON	MONUMENT
22	NED	NEDBANK
23	NHW	NOORDHEUWEL
24	OM	OOS-MOOT
25	POTCH	POTCHEFSTROOM GIMNASIUM
26	POCGIR	POTCHEFSTROOM GIRLS
27	PRES	PRESTIGE COLLEGE
28	PUMA	PUMA INVITATIONAL TEAM
29	RBG	RANDBURG
30	SMINT	SMINTHLOS
31	SPRING	SPRINGS BOYS HIGH
32	STDUN	ST DUNSTANS
33	THAT	THATULWAZI SECONDARY
34	TJAM	TJAM ATHLETICS
35	TRANS	TRANSVALIA
36	TUKS	TUKS
37	WTK	WATERKLOOF
38	WILLO	WILLOWMOORE HIGH
39	ZWK	ZWARTKOP



**SOUTH AFRICA**

**SCHOOL OF SPEED SERIES**





**SOUTH AFRICA**

**PUMA SCHOOL OF SPEED-HEATS**

**WEDNESDAY 1 FEBRUARY 2017 @ RUIMSIG**

400m's				
14:30	400m	Heats	Girls	16
14:39	400m	Heats	Boys	16
14:48	400m	Heats	Girls	18
14:56	400m	Heats	Boys	18
15:12	400m	Heats	Girls	20
15:20	400m	Heats	Boys	20

100m's				
16:25	100m	Heats	Girls	16
16:37	100m	Heats	Boys	16
16:52	100m	Heats	Girls	18
17:01	100m	Heats	Boys	18
17:19	100m	Heats	Girls	20
17:28	100m	Heats	Boys	20

200m's				
15:32	200m	Heats	Girls	16
15:39	200m	Heats	Boys	16
15:45	200m	Heats	Girls	18
15:54	200m	Heats	Boys	18
16:06	200m	Heats	Girls	20
16:12	200m	Heats	Boys	20

800m's Invitational				
17:42	800m	Inv	Boys	16

**BREAK 17:45-18:00**

**FASTEST 8 ATHLETES FROM THE HEATS IN EACH EVENT GO TO THE FINAL**



**SOUTH AFRICA**

**PUMA SCHOOL OF SPEED-HEATS**

**WEDNESDAY 18 JANUARY 2017**

400m's				
15:30	400m	Heats	Girls	16
15:38	400m	Heats	Boys	16
15:46	400m	Heats	Girls	18
15:54	400m	Heats	Boys	18
16:06	400m	Heats	Girls	20
16:09	400m	Heats	Boys	20

100m's				
17:05	100m	Heats	Girls	16
17:11	100m	Heats	Boys	16
17:20	100m	Heats	Girls	18
17:26	100m	Heats	Boys	18
17:38	100m	Heats	Girls	20
17:44	100m	Heats	Boys	20

200m's				
16:20	200m	Heats	Girls	16
16:26	200m	Heats	Boys	16
16:32	200m	Heats	Girls	18
16:38	200m	Heats	Boys	18
16:47	200m	Heats	Girls	20
16:53	200m	Heats	Boys	20

**FASTEST 8 ATHLETES FROM THE HEATS IN EACH EVENT GO TO THE FINAL**

